

Volunteering Today



“Volunteers are not paid, not because they are worthless; but because
They are Priceless”

October 2017

Welcome to the latest edition of the Volunteer Services Newsletter.

Volunteering continues to be a success story across the Trust. The involvement of volunteers within our services is improving the patient/client experience. Volunteers offer encouragement; support and companionship; reaching out to those in need.

We currently have 530 volunteers and are keen to recruit more!
Please tell your friends/family!



Sonya Duffy, Peter Irvine
& Anne Marzell

Ards Hospital Ladies Committee Celebrate their 60th Anniversary



Established in 1957, Ards Hospital Ladies Committee have continuously supported Ards Hospital by holding fundraising events and donating their proceeds to purchase goods and equipment for wards and departments within the Hospital. Items such as wheelchairs and syringe drivers have been purchased as well as donations made to the Mental Health Department.

Many hospital visitors have been beneficiaries of their hard work over the past 60 years.

Ards Ladies Committee continue their support, recently providing funding to the Outpatient Department for equipment used in skin lesion removals and tonometry eye pressure testing.

Volunteer Services & the SE Trust would like to express their gratitude to Ards Ladies Committee for their on-going support and devotion to Ards Community Hospital and its patients.

Current Opportunities

Ards Hospital Meeter & Greeter:

Ards Therapy Department are looking for a Meeter & Greeter to welcome and guide patients attending for Physiotherapy sessions on a Tuesday and Thursday evening from 4:30-7:00pm.

Physical Activity Volunteer & Coach:

Training & Resource Centres across the Trust are looking for volunteers to encourage client participation in physical activities; such as Walking Football, Boccia, New Age Kurling, Chi Me, dance or taking organised walks outside the centres.

Volunteer Services office is open Monday to Friday 9am to 5pm

Caring Communities

Ann is a Volunteer Befriending Champion

When Ann retired she wanted to do something to help someone else. She felt that Befriending would be ideal for her. Ann has found the experience very rewarding and has made a new friend in Beulah. Ann would recommend Volunteer Befriending to anyone who is considering volunteering and has expressed that the Volunteer Befriending Service is well organized, with help available when you need it.



Ann says 'Volunteer Befriending makes you feel you are being needed and doing something useful and worthwhile, basically it's only your time and you are not out of pocket. It's about offering someone time to listen and getting them out of the house.' Ann says she also enjoys Beulah's company very much and it's an opportunity for Ann to also get out and about.

Beulah was initially quite cautious about having a Volunteer Befriender visit her at home. Beulah said *'I didn't know if I would like it'*. Beulah is visually impaired, finds it difficult to see colours and is unable to read any more. Beulah's daughter saw an advertisement for Caring Communities Safe & Well in the local newspaper and suggested to her Mum to give it a try. Now Beulah looks forward to Ann coming every week - *'it has given me a life'* expressed Beulah.

The Caring Communities Safe & Well Service are delighted that Beulah and Ann are enjoying their befriending experience. The Caring Communities Safe & Well Service wishes to take this opportunity to thank Ann for becoming a Volunteer Befriender.

The South Eastern Health & Social Care Trust Caring Communities Safe & Well Service is currently seeking Volunteer Befrienders in Ards & North Down, Lisburn and Down.

If you are inspired by Ann and Beulah's' stories and have one to two hours a week that you could spare to make 'an older person's day less lonely' then please contact
Caring Communities Safe & Well on Tel: (028) 9756 6934.

Coffee & Connect

Volunteer Services celebrated World Mental Health day by holding a “Coffee & Connect” morning on Wednesday 11 October in St Marks Church, Newtownards. We were delighted to be joined by so many of our volunteers and their friends.

The Theme for this year’s World Mental Health Day was “Connect”, taken from the 5 Steps to Wellbeing.

“Connect” with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.



Rosemary Rice, Jean Murphy, Stephanie Griffiths & Jason White enjoying tea/coffee and cake

Volunteer Services are now on Facebook



Please **Like** our page @VolunteerServicesSET

We post updates on Volunteering within the SE Trust such as:

- Volunteering Opportunities
- Volunteer Stories
- Exciting competitions

Just search for: Volunteer Services SET



Alison Doake, Health Development Specialist & Sonya Duffy, Volunteer Services Manager

Volunteering provides a fantastic opportunity for you to connect with your community and to make friends with people from all walks of life.

On behalf of Volunteer Services we would like to thank everyone that attended and helped make our event a tremendous success.

Volunteer Representative

Are you a SET volunteer?

Would you like to join the Trust’s Volunteering Committee

Volunteer Services are looking for a volunteer from both the Down and Lisburn areas to join the Trust’s Volunteering Committee.

You will bring your experience as a volunteer to help shape Volunteer Services, develop new roles for volunteers that improve the health and wellbeing of patients/clients and carers.

If you are interested please contact Sonya Duffy, Volunteer Services Manager on (028) 9056 4817.

Can you find the different reasons why people volunteer?

Please email your completed word search to me at peter.irvine@setrust.hscni.net

All completed entries will be entered into a prize draw for a mystery prize.

Closing date for entries is Friday 10 November 2017

A	F	T	B	H	U	M	S	E	T	V	C	T	H	P	O	Y	B	J	M	H
Q	A	R	Y	B	T	F	C	U	H	B	G	F	S	A	E	R	T	V	B	E
U	G	B	Y	H	N	J	D	A	W	E	C	R	V	T	V	U	H	B	F	L
T	G	N	G	A	I	N	C	O	N	F	I	D	E	N	C	E	Y	I	M	P
T	D	J	I	M	N	C	B	R	D	C	T	Y	H	B	N	H	F	I	L	O
G	I	V	E	S	O	M	E	T	H	I	N	G	B	A	C	K	K	U	M	T
K	D	E	V	E	L	O	P	N	E	W	S	K	I	L	L	S	I	B	N	H
T	F	V	U	J	N	I	A	O	L	P	H	N	B	G	U	I	K	L	K	E
R	D	C	H	B	N	H	R	U	Y	H	N	J	K	M	F	S	T	R	Y	R
I	K	J	N	M	H	F	T	T	F	R	T	Y	H	I	B	I	O	K	L	P
Y	G	B	V	D	E	R	O	R	F	T	G	V	D	E	F	E	T	R	F	E
T	E	D	C	R	T	F	F	W	A	S	X	D	R	V	E	Y	G	B	H	O
I	J	N	F	R	E	W	A	I	E	D	H	T	R	F	E	H	B	Y	H	P
T	W	V	G	M	E	E	T	N	E	W	P	E	O	P	L	E	U	H	N	L
R	Q	A	U	O	L	P	E	U	H	N	J	M	K	I	G	E	R	D	C	E
T	R	U	J	N	M	J	A	O	P	D	E	Y	B	Y	O	U	H	N	J	K
R	W	S	F	C	G	B	M	U	T	R	V	H	N	M	O	I	R	F	Y	H
P	E	T	Y	G	D	R	E	D	G	H	N	J	U	O	D	T	R	E	D	F
G	A	I	N	E	X	P	E	R	I	E	N	C	E	F	O	R	U	N	I	P
I	R	F	G	B	N	H	D	R	A	W	A	V	M	E	V	E	I	H	C	A

- Develop new skills
- Be part of a team
- Meet new people
- Give something back
- Feel good
- Have fun
- Gain experience for uni
- Gain confidence
- Help other people
- Achieve MV (Millennium Volunteering) Award

Volunteer Services office is open Monday to Friday 9am to 5pm

If you are interested in volunteering please contact Volunteer Services on (028) 9056 4817 or email volunteer@setrust.hscni.net